

Monthly Events!

DANCE: THE CRADIT UNION TRIO

WHEN: Thursday, Sept. 3 | 1:30 – 3:30 p.m. | AUD
Enjoy the dance, prizes and refreshments for just \$4.
Sponsored by Stan McNeil of Windermere Real Estate.

MOVIE: “The Longest Ride”



WHEN: Thursday, Sept. 10 | 1– 3 p.m. | AUD
Told via concurrent stories that ultimately converge, this adaptation of the Nicholas Sparks novel follows an old man consoled by reminiscences of his late wife as he’s trapped after a car crash, and a young couple falling in love in a nearby town. (Netflix summary)
Starring Alan Alda.

BOOK CLUB



WHEN: Monday, Sept. 14 | 1 – 2:30 p.m. | MP
“All the Light We Cannot See,” by Anthony Doerr. October’s book selection is, “Spool of Blue Thread,” by Ann Tyler. The book club meets the 2nd Monday of every month and welcomes newcomers!

COMPUTER CLASSES RETURNING

Lavi Istrate is a credentialed computer instructor with over 25 years’ experience.

Computer Essentials (3)
Monday, Sept. 14, 10 a.m. – noon | \$37.80R/\$42NR

Internet & Email Essentials (3)
Monday, Sept. 14, 1 – 2 p.m. | \$37.80R/\$42NR

HELP FOREIGN STUDENTS SPEAK ENGLISH

Coming in October!
Would you like to do something new, meaningful and fun? How about speaking face-to-face online with students from China? Talk about your hobbies, share stories and learn different cultures from the global community while helping student practice their oral English! Assistance and prompts for topics will be given from volunteers on hand.

DIGITAL PHOTO & IPAD CLASSES

These classes are taught by instructor, Mike McMahon, are free and available on a first-come, first-served basis.

Please bring note-taking material.



PICASA – ALBUMS & EXPORTING **NEW!**

Wednesday, Sept. 23 | 10 – 11:15 a.m. | ACT
Mike will explain and demonstrate the best way to create albums using Google’s free photo organizing and editing software package, Picasa, and will discuss several ways to put them to good use (e.g. slide shows, movies, photo books). He will also explain its Export feature, which is not well understood by many users, but is essential to preparing edited photos for use in photo projects. While newcomers to Picasa are welcome, the class will not spend time on Picasa fundamentals.

TRAVELING WITH YOUR IPAD **NEW!**

Wednesday, Sept. 23 | 1 – 2:15 p.m. | ACT
The iPad is a very handy tool to have when you travel. Mike will present ideas on how you can use it to stay in touch with folks back home, for working with your vacation photos and for other travel-specific purposes. Learn which iPad accessories that come in handy while on the road and the right way to use Wi-Fi and/or cellular data while on your trip. Many of the tips discussed will apply to iPhone users, too.

GADGETS GALORE! **NEW!**

Wednesday, Sept. 30 | 10 – 11:15 a.m. | ACT
Over the years, Mike has collected clever, useful and low-cost gadgets that make life easier and more fun. Some are useful for photo and video, some for travel, and others for general use at home. Mike will demonstrate these gadgets and provide specifics on how you can find them at a reasonable price. Students are encouraged to bring their own gadgets to share with the class.

VOICE DICTATION – TIPS AND TRICKS **NEW!**

Wednesday, Sept. 30 | 1 – 2:15 p.m. | ACT
Did you know that you can use simple voice dictation to create documents, emails, and text messages? These days, many computers and mobile devices have this capability built in. Our instructor, Mike McMahon, will show you how to use voice dictation to easily and quickly handle many everyday tasks. You’ll be amazed at how fast and accurate voice dictation can be. We’ll have fun and learn a lot along the way.

Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse	800–510–2020
Carlsbad Housing & Neighborhood Services	760–434–2810
Carlsbad Police (Non–Emergency) & Fire Departments.....	760–931–2197
DayTripper Tours	800–679–8747
Elder Abuse in Facilities	800–640–4661
Health Counseling & Advocacy (HICAP)	800–434–0222
In Home Supportive Services, North County	760–480–3424
Medicare.....	800–633–4227
North County Coastal Mental Health Services	760–967–4475

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel	760–602–4654
Dining Room Reservations (24 Hours)	760–602–4655
Facility Reservations, Robert Harvey	760–602–4659
Front Desk (general information)	760–602–4650
Home Meal Delivery, Vincent Rodrigues.....	760–602–4652
Elder Law Legal Assistance	760–439–2535 x 205

Online Reservations: www.carlsbadca.gov/parksandrec
* Free walkers, canes and wheelchairs are available for check-out to Carlsbad residents.

Carlsbad Senior Center

Seaside Buzz

SEPTEMBER 2015 NEWSLETTER

City of
Carlsbad

MORNINGSTAR FINANCIAL INVESTMENT EDUCATION LECTURES

Richard Loth has strong experiential credentials in the investment field, and uses Morningstar’s mutual fund data, analyses and educational material to help attendees easily identify, decipher and employ Morningstar’s guidance in their fund investing endeavors. Morningstar is a subscription-based program, offered free to San Diego county residents through the library system.

Sept. 2 | 1 – 2:30 p.m. | ART-S
The Brain – How “Thinking” (left side) & “Feeling” (right side) Affect Your Investing

Behavioral psychologists have identified a number of mental and emotional mistakes that can punish an investor’s portfolio. Recognizing and avoiding these pitfalls is an important part of investing wisely.

Sept. 9 | 1 – 2:30 p.m. | ART-S
What’s a Good Total Return Performance for a Mutual Fund?
A comparative analysis of the 10-year annual-average total returns of a representative selection of stock and bond mutual funds as defined by the funds’ risk-return profiles.

Sept. 10 | 10 a.m. – 12 noon | ACT
Morningstar, A Fund Investor’s “Best Friend”
Back by popular demand, Richard is repeating the first class in his lecture series which identifies the core components necessary for understanding the Morningstar lecture series. This special two-hour lecture summarizes the three must-have mutual fund evaluative investing tools: The Morningstar Style Box, Fund Report and the FundInvestor 500.

Sept. 16 | 1 – 2:30 p.m. | ART-S
Understanding Mutual Fund Investing Strategies
Using Morningstar’s style boxes, fund investors can learn what they need to know about value, blend, and growth stock strategies, as well as duration and credit-quality bond strategies.

Sept. 23 | 1 – 2:30 p.m. | ART-S
Who Wins the Battle Between Human- & Robo-Investment Advisers?
The proliferation of automated investment management services has created a lively debate in the investment community related to the relative merits of human and machine generated investment guidance. In this lecture, we look at the pros and cons of each approach.

October’s topics are shown below. Upcoming workshop descriptions will be in the October newsletter.

Oct. 7: The Fund IQ Quiz
Oct. 14: Setting the Record Straight

Oct. 21: Seven Habits of Successful Investors
Oct. 28: Investing Guidance for Individual Investors – Robots versus Humans

ICE CREAM SOCIAL

WHEN: Thursday Sept. 17 | 11:30 a.m. – 1 p.m. | PARK
Mark your calendars for a day of outdoor fun! You are invited to our annual Ice Cream Social featuring a senior center favorite, Peter Seltser entertaining diners in Pine Avenue Park. We will be serving cheeseburgers with all the trimmings, and, of course, ice cream sundaes! Join us for an afternoon of lively entertainment, food and good old-fashioned fun!

GETTING THE MOST OUT OF YOUR SMARTPHONE

WHEN: Thursday, Sept. 17 | 10:00 – 11:45 a.m. | ACT
Are you interested in learning about all the features of your smartphone? Join us as we learn about the basics of smartphones, such as data and Wi-Fi connections, then move on to discussing Bluetooth technology and some of the most popular apps.

This informal class is for all skill levels, and questions are encouraged. Feel free to bring your smartphone!

SEASIDE SINGERS PRACTICES RESUME

When: Wednesdays | 1:30 – 3:30 p.m. | AUD
The Seaside Singers are a mixed four-part choral group directed by Jeff Sell who sing with piano accompanist, Violeta Petrova. New singers who can read music are always welcome, but are required to print their own sheet music. Practices resume Sept. 16.

THE SOCK HOP RETURNS!

WHEN: Thursday, Sept. 24 | 1 – 2:30 p.m. | AUD
Get out your poodle skirt, shine up your saddle shoes and come prepared to strut your stuff for The Stroll...it’s time to go back to the fifties! We’ll shake the house with emcee “Joey Rock It,” and all the music will have a good beat to dance to. Shoes are required. Hula hoop and yo-yo tricks will be applauded. Join us for this fun and free dance! Refreshments provided by BrightStar Care serving North Inland San Diego.

September 2015 Activities Calendar

New Session Start Dates in Blue
Senior Specials in red
* Pre-registration required
** Pre-register with MiraCosta (760-795-8710)

ACT Activity Room CR Conference Room LG Lounge
AUD Auditorium DN Dining Room MP Multi-purpose Room
ART-S Art Studio DS Dance Studio P Patio
COM Computer Room GR Game Room
119 Room 119
120 Room 120
PARK Pine Ave. Park

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
WEEKLY PROGRAMS	9 – 11	Writers Group	MP	8 – 11	Needlecraft	ART-S	9:30 – 11	5-in-1 Joy Class	ART-S	8:45 – 9:45	* PiYo (Pilates & Yoga) (9/3)	AUD	9:15 – 10:15	Spanish Flamenco Dance	
	9 – 12	Spanish – Levels I, II & III	ART-S	9 – 11	Blood Pressure Screenings	120	9:30 – 11:30	* Oriental Sumi-e Painting (9/2)	MP	9 – 10	* Aerobic Dancing - Lite	ACT		(NO class 9/18 & 25)	DS
	9:45 – 10:45	** Body Conditioning for Seniors	AUD	9 – 10	* Aerobic Dancing - Lite (9/8)	ACT	9:45 – 10:45	** Body Conditioning for Seniors	AUD	9 – 11:30	* Fun with Watercolor (9/3)	ART-S	9:45 – 10:45	** Body Conditioning for Seniors	AUD
	12:30 – 2	Line Dancing – Beg	AUD	9:30 – 11:30	Line Dancing – Int./Adv.	AUD	12:30 – 4:30	Mah Jongg	GR	10 – 11:15	* Yoga: Int./Adv (9/3)	AUD	11 – 12	* Tappercize (9/4)	DS
	3 – 4	* Gentle Yoga	DS	12:30 – 4	Ping Pong	ACT	1 – 4	Sewing & Quilting Group	MP	10 – 12	Audiomobile	Lobby	12:30 – 4	Party Bridge	AUD
			12:30 – 4	Bingo	AUD	1:30 – 2:45	Hawaiian Dance – Basic/Beg	DS	10:30 – 11:30	Freestyle Dancing	DS	12:30 – 4	Ping Pong	ACT	
			1 – 4	Chess	DS	3 – 4:30	Hawaiian Dance – Beg./Int	DS	1 – 3	PC Users Group		12:45 – 2:30	Hawaiian Dance – Adv	DS	
			1 – 4	Writing Our Lives	ART-S				(2nd, 3rd & 4th Thursday)	ACT		1 – 4	Scrabble	MP	
									3:45 – 4:45	* Chair Yoga (9/17)	DS				